

ELIXIR SALUTIS,

OR THE

Great Preservative

OF

HEALTH

CALLED BY SOME

The Never-failing C O R D I A L of the World.

Being most pleasant and safe for all Ages, Sexes, and Constitutions, and may be taken at any time of the Year; and in the *Spring* and *Autumn* is far beyond Diet-drinks for most *Distempers*; and is so Universal, that I may justly say (without Ostentation) it performs all the practical part of Physic, both *Preservative* and *Curative*, better than any other yet found out for the use of man: And being kept close stop'd, will hold good for many years.

Experienced by my Self, and thousands in this Nation within these three years, whereof the Names of so many persons, of so good Quality, Reputation and Credit are inserted in my Paper, as (in sight of Envy) will vindicate my Cordial against any malicious Tongue whatsoever.

My Habitation being distant from *London*, I have left the whole management of my business with Mr. *Samuel Amy*, next door to the *Mortar* in the *Pall-Mall*.

The Price in *London* is Two shillings the half Pint Bottle.

Prepared by me *Theo. Witherden* of *Bearsted* in the County of *Kent*, Gent.

London, Printed in the Year, 1679.

Though I have not the impudence to brag of great Travels, long Journeys, many Voyages, and what Wonders I have done beyond Sea ; nor am ambitious to shew large Parchments, Broad-Seals, &c. nor sinistrously covetous of popular Applause ; yet modesty will justly allow me so much confidence, as to tell the World, that I have (for these many years) been my own Physician and Patient, my Education and Learning corresponding to my condition of Body, which from my Infancy being unhealthy, prompted me to a serious and continual study of Phytic, which by the blessing of God upon my own Industry, I have improved to that degree, that having freed my self from many infirmities that long troubled, or rather oppressed me, I have been willing to communicate freely to others what I chargeably practised upon my self, for having been long, often, and vehemently afflicted with the *Gravel* and *Stone* ; I tryed many Experiments that gave some ease to me (and afterwards proved beneficial also to my Friends and Neighbours ; and at length Providence put into my hand the Description and Preparation of an Excellent Liquor (obtained of an Eminent Person) by which alone, with God's blessing, I have recovered, and do enjoy so much Health ; that whereas formerly, for many years, I could neither ride nor walk without great pains, and very bloody Urines, as is well known to all that knew me, I can now do both ; and have since recommended it to many Friends, which hath been found by all that tryed it, a most Sovereign Remedy for most distempers they used it for : But after some time, I understood that one Mr. *Anthony Daffy* had exposed the same to public Sale, which at first I did wonder at ; but resolving to make a narrow scrutiny in it, I traced it till he centred in the same Author with me : Whereupon several times consulting with my self, and some good Friends, knowing the real worth of the Thing, and the just reputation it hath got in several places under the Title of *Elixer Salutis* ; I thought it my Duty, both for my own and the Common Good, to make it more public, by setting it out at a more reasonable rate : That so many of themanner fort which labour under several Distempers, may more easily attain to a Remedy. I do sell the same for quantity and quality compounded of the same Ingredients (and certainly more exactly prepared

pared) at five shillings the pint in the Countrey which he sells for six, and so proportionably to greater or lesser Bottles. I told you in my first Impression, that it was very probable that self-interest would prompt Mr. *Diffy* to calumniate me as an Impostor and a Counterfeiter of his Drink; and like *Diara's* Crafts-men, would not scruple to vilifie another man (by whom his gain is pared off) to stutle up his own Reputation. And indeed I was not mistaken; but he hath done it so pitifully, that all understanding persons admire at the folly of it, especially that he should have no more wit than to confess the Receipt in his idle *Pamphlet*; only he tells you what great alterations he hath made in it by his great Reading and Studies. A very wonderful thing! that such an illiterate Fellow should be able to add to such an Excellent Receipt! Will not all persons stand amazed at such a sudden *Metamorphosis* of *Modulus* into *Medicus*, of an Awl into an Urinal, &c. knowing that *Nemo repente fuit doctissimus*; but if this great Student have made any alteration, whether or no he hath not made it worse, I leave others to judge. I shall not further trouble my self with his impertinencies, let him say what he pleases: For my own part, I am so well known to most persons of Quality; and others of good Repute in the Countrey where I live, and by many worthy Citizens of *London*, that my Person is above the prejudice of any malicious or detracting Tongue, where I am known; and where I am not known, let the drink plead for it self and me. And that which is called the *Elixir Salutis*, that it is the same with mine, I affirm; and for the Truth thereof, I appeal to any judicious person who will but try them both, and I will abide by his impartial Censure. And there are several considerable persons already both in the City and Countrey so well satisfied in it, that they have left off all others, and do now wholly stick to the use of mine; and for others that through opinion or meer fanfic esteem any thing the better because it is deater (as some such there may be) I shall desire them but to try before they pass Censure on me, or my Cordial, which is but just; otherwise they are but vain and rash; but I hope I shall not meet with many such; and if any do it through ignorance, I would have them remember the proverb, *Ne suter ultra crepidam*; which, lest those ignorant ones (if any such shall be) should not understand, it is in English, *Shoemaker, meddle not with any thing beyond your Last*.

This Cordial is of so transcendent a Virtue, that since any Internal Distemper (of whatsoever Nature, whether Acute or Chroni-

cal, Continual or Periodical, Simple or Complicated, proceeding from whatsoever Cause either Occult, or known by the name of any of the First, Second or Third Qualities,) can escape its force and efficacy; and among all that have had it of me, I have not known two persons disappointed in their Expectations: But the Constitutions of persons are so different, that it is impossible the same Dose should serve all people; therefore something must be left to the discretion of those that use it, supposing them to know the temper of their own Bodies: Therefore where three spoonfuls is prescribed, if the patient be laxative and easie to be wrought upon, such may begin with one or two spoonfuls, and increase the Dose as they see occasion; and others that are costive, and of strong Bodies, may take four spoonfuls; but however, it is so gentle and safe in its operation, that no great Error can be committed in the taking of it; and it hath this rare property contrary to most Phytic, that it leaves the Body in a good condition, without a binding quality after it. But I shall give those Directions that were communicated to me, together with the description of the Cordial, and which I have found by experience to be most beneficial upon several persons that have had it of me, as I could give an Instance by setting down the Names of hundreds; and I am well assured, that not any one that make trial of it, will repent it. But I shall not give the Reader so much trouble. But to satisfy the world that *Daffy* hath abused me, I have set down the Names of several persons of good quality, most of them have had the trial of both; but finding most benefit by mine, have done me that favour as to give me leave to insert their Names, viz. Sir *Nicolas Carew* of *Beddington* in *Surrey*, Dr. *Laurence Womock*, Arch Deacon of *Suffolk*; *Edw. Harley* of *Addon* in *Northamptonshire*, Esq; *John Highlerd* at *Melham*, Esq; *Ben. Delbock* Esq; *Will. Maddox* of *Thurnham* in *Kent*, Esq; Mr. *Thomas Bret* at *Romney*, Mr. *Edw. Mason* at *Graceland* in *Kent*, Mr. *John Law*, Mr. *John Crisp*, and Mr. *Tho. Meriam* at *Muddstone* in *Kent*, Mr. *Will. Gosfry* at *Thurnham* in *Kent*, Mr. *Rob. Maddox* at *Summers-Key*, Mr. *Mat. White* in *St. Thomas Apples*, Mr. *Hen. Alford* at the *Rose and Crown* in *Grace Church-street*.

Now I hasten to the particular Direction, wherein I shall not put the Readers Intellectuals upon the Rack with a multitude of crabb'd words pickt from others (my former Industry having freed me from any necessity of soaring with borrowed wings) nor shall I transack the pathological part of Phytic to trouble them in every Paragraph with a particular enumeration either of Symptoms or Signs *Diagno-*

stic; It were a superfluous vanity, but shall satisfy my self and them with a brief, yet full declaration of what I know most material and beneficial to them, and that in plain and familiar terms; for *Ornari res ipsa negat, contenta doceri.*

The Method and Orders to be observed in the use of this Cordial.

For the Stone or Gravel in the Kidneys.

Take three spoonfuls last at night, and first in the morning, and an hour after it take one draught of Posset-drink made with White-wine, or Ale if they have it, and boyl in it a few Marshmallow Roots; or for want of them, the Leaves of Common Mallows, and sweetned with Sugar if they please; continue this for two or three days, and then rest a day or two as they please.

Stone in the Bladder.

Take the same Dose of three spoonfuls morning and night, so long as your strength will admit; and then rest a day or two, and then take it again, and with patience continue the use of it; for this is not a Distemper for which a Cure must in a little time be expected.

Fulceration of the Kidneys, or Neck of the Bladder, and for a Bloody Urine.

Take three spoonfuls night and morning for two days, and then rest two days, and then take it every other days; and I advise them when Cows go to Grass, to drink new Milk as often as they please, which is the Method I have used my self, and found benefit by it. They must refrain Salt Meats, and Stale Drink, and Sharp Wine.

Dropsie.

If the Patient be of a strong Constitution, let him take four spoonfuls night and morning four days together; then rest two days, and then take three spoonfuls morning and night.

The Gout.

Take three spoonfuls last at night, and first in the morning, continue it so long as they find they can conveniently do it, for 3 or 4 days, or longer, if they can, and then rest a day or two, and then take the same course again. If they find that they have not a good Digestion of their Meat, then let them after the first 3 or 4 days rest it (and resting a day or two) take two at night, and morning, and one spoonful an hour before dinner.

Cholick and Gripes in the Gut.

When the Fit is upon the Patient, let there be given 4 spoonfuls, which I have not often known to fail; but if it continue, let them take the same Dose six hours after; and after this the Patient will be well.

is convenient to take of it morning and night for two or three days, to carry off that Humour which caused those Obstructions.

Phthisick.

Take three spoonfuls night and morning for two or three days; then take one spoonful morning and night, and an hour before dinner: I advise them likewise to drink their Beer hot; and for those that can afford it, let it be sweetned with Loaf-Sugar.

Scurvy.

Known by knots in the flesh, spots in the skin, and looseness of the Teeth: Take three spoonfuls morning and evening for two days, then rest two days; then take two spoonfuls morning and evening for two days, and rest other two days; and so continue that Method for some time, according to the patients own discretion. It is a most excellent Medicine for those that go Sea-Voyages, and will hold good in the longest Voyages.

Surfeits.

Take three in the morning, and three at night for three days; and whoever hath drunk bad Wine, or too much of good, let them take three spoonfuls over night, and three next morning, and they will owe me thanks for my Advice.

Fits of the Mother, and Vapours from the Spleen.

Let the patient begin with one or two spoonfuls and so continue, or raise the Dose as they find their Bodies able to bear it.

Green Sickness.

According to the Age and Strength of the patient, let the patient take one, two, or three spoonfuls morning and night, and use exercise, and there is no question of a Cure, if it be continued for a little time.

Childrens Distempers.

Whether the Worms, Rickets, the Stone, Convulsions, Gripes, Kings-Evil, or any other Distemper; the best Direction is, to leave it to the discretion of the parents; and if the Child be young, to give it a small quantity mixt with some proper Vehicle for the Distemper you give it for; but as I have used it to my own Children with good success, I give a spoonful to one two years old, and two spoonfuls to one of six; but for the exact Dose, the observation of the parents will direct them.

Loss of Appetite.

Let two or three spoonfuls be taken morning and evening for two days,

days, and then intermit two or three days, and so take of it, or for bear it as they please. I have known several reap great benefit in taking less than half a pint.

Consumption and bad Digestion.

Let them take one spoonful an hour before dinner, and another spoonful after dinner.

Agues.

An hour before the Fit, take three spoonfuls; and six hours after take two spoonfuls; and continue this Method according as the strength of the patient will admit.

My Bottles are sealed with my Seal, being the same Coat of Arms as is on this *Paper*, and are sold by these persons as followeth.

IN *Westminster-Hall*, by Mr. *Will. Henjeman*, Bookfeller.

In the *Strand* near *York-Buildings*, by Mrs. *Seward*, at the Flower-pot
At *Charing-Cross* by Mr. *Trulock* a Gun-smith.

In the *Strand*, over-against *Exeter Exchange*, by Mr. *Samuel Lowndes*, Bookfeller.

In *Bedford-street* in *Covent-Garden*, by Mr. *Thomas Moody*, Shoemaker, at the *Queens Head & Crown*

At *Temple-Bar*, by Mrs. *Fonkes* at the *Crest-Cat*.

In *St Paul's Church-yard*, by Mr. *Robert Clavel* at the *Peacock*, Bookfeller.

At Mr. *Brown's* Coffee-house at *Guild-Hall*.

In *Bath-street*, by Mr. *Kid* at the *Amsterdam* Coffee-house.

In *Smiths-Alley*, at *Joes* Coffee-House at the *Blew-coat*.

In *Bishopsgate-street*, by Mr. *Richard*

Tooth, at his Coffee-house near the *Old Post-Office*.

At the Corner of *Eastcheap*, by Mr. *Wright* a Millener.

In *Thames-street* over-against the *Custom-house*, by M. *Rob. Smithers*.

At *Ratcliff-Cross*, by Mr. *Muckelt*, at the *Castle*.

At *Billingsgate*, by Mr. *James Town* at his Coffee-house.

At the *Spur-Inn* in *Southwark*, by Mrs. *Turwit*.

At the *Christopher* in *Barnaby-street*, *Southwark* by Mr. *Chambers*.

Mr. *John Hile*, Barber in *St. Dunstons*

Mr. *Craig* at his Coffee-house in *Bucklers-bury*.

Mr. *Henry Girdlers* Coffee-house at *St. Mary Oversees Dock*.

In *Piccadilly*, by Mr. *Fisher* at the *Beast*.

By Mr. *Goodfellow* Grocer, against *Smiths-house-gate* in the *Strand*

By Mr. *Stephen Alden*